Elementary School Lunch

Wednesday

DAILY BREAKFAST CHOICES

Monday

15

Hot or cold breakfast choices are available daily, i.e.:

Breakfast Sandwich, Pancakes, Cereal & Toast, or Cereal Bar & Toast.

Must choose at least 1:

Fruit or Juice.

May choose 1: Milk

Skim, Low Fat White, or Fat Free Chocolate.

DAILY LUNCH CHOICES:

Choose 1: Entrée.

Must choose at least 1:

Fruit or Vegetable (may choose up to 2 servings each of fruits & veggies with their lunch meal)

May Choose: 1 Milk;

Skim, Low Fat White, Fat Free Chocolate.

Available for lunch daily:

Meat or Meatless Entrée, Entrée Salads, Cold

Sandwiches, Hot & Cold Vegetable choices, Variety of Fruits (fresh or cupped) & Juices

ELCOME BACK TO SCHOOL

Tuesdav

16 **CHOOSE ONE:**

Beef or Pork Tacos Cheesy Bread Chicken Caesar Salad PBJ Kit or School Made **CHOOSE:**

Marinara Cup Broccoli Romaine Side Salad

23 **CHOOSE ONE:**

Breakfast for Lunch Mini Cheese Calzones Chicken Caesar Salad PBJ Kit or School Made

CHOOSE:

Deli Roasted Potatoes * Romaine Side Salad

CHOOSE ONE:

Beef **or** Pork Tacos Cheesy Bread Chicken Caesar Salad PBJ Kit or House Made **CHOOSE:**

Marinara Cup Broccoli Romaine Side Salad

All menus are subject to change! We do our best to provide our customers with all of our planned options; If necessary, we may provide similar substitutions

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All Meals Include

Choice of assorted Fruits & Choice of Milk

10 **CHOOSE ONE:**

Chicken Nuagets Pasta w/Meat sauce or Lasagna Rollup Yogurt & Fruit Parfait Ham & Cheese Croissant

CHOOSE:

Corn Niblets Sliced Cucumbers

CHOOSE ONE:

Teriyaki Chicken & Rice Bowl w/ Roll Grilled Cheese Chicken BLT Salad Chicken Caesar Wrap **CHOOSE:**

Broccoli Mixed Side Salad

12 **CHOOSE ONE:**

Friday

Pizza Variety Corn Dog or Hot Dog on a Bun Apple a Day Salad Combo Ham, Turkey and Cheese Sub **CHOOSE:**

Sweet Potato Fries Fresh Veggie Dippers

CHOOSE ONE:

Macaroni & Cheese Boneless Dill Chicken Wings Chicken BLT Salad Ham & Cheese Croissant

CHOOSE:

Crispy Fries Sliced Cucumbers

18 **CHOOSE ONE:**

Popcorn Chicken Mashed Bowl w/ Roll **BBQ Pork Sandwich** Yogurt & Fruit Parfait Chicken Caesar Wrap

CHOOSE:

Corn Niblets Mixed Side Salad

19 **CHOOSE ONE:**

Pizza Variety Chicken Tinga Rice Bowl w/ Roll or Chicken Tinga Taco w/ Set-up Apple a Day Salad Combo Ham, Turkey and Cheese Sub

CHOOSE:

Green Beans Veggie Dippers

22 **CHOOSE ONE:**

Chicken Sandwich Beef and Cheese Nachos Fruit & Yogurt Plate Turkey Club Wrap **CHOOSE:**

CHOOSE ONE:

Hamburger or

Cheeseburger

Chicken & Waffles

Fruit & Yogurt Plate

Turkey Club Wrap

CHOOSE:

Country Baked Beans

Fresh Veggie Dippers

Santa Fe Black Beans Fresh Veggie Dippers

Hamburger or

Cheeseburger

Chicken & Waffles

Fruit & Yogurt Plate

Turkey Club Wrap

CHOOSE:

Country Baked Beans

Fresh Veggie Dippers

17

31

Marinara Cup

24 **CHOOSE ONE:**

Chicken Nuggets Pasta w/Meat sauce or Lasagna Rollup Yogurt & Fruit Parfait Ham & Cheese Croissant

CHOOSE:

Corn Niblets Sliced Cucumbers

CHOOSE ONE:

Teriyaki Chicken & Rice Bowl w/ Roll Grilled Cheese Chicken BLT Salad Chicken Caesar Wrap

CHOOSE:

Broccoli Mixed Side Salad

26 **CHOOSE ONE:**

Pizza Variety Corn Dog or Hot Dog on a Bun Apple a Day Salad Combo Ham, Turkey and Cheese Sub

CHOOSE:

Sweet Potato Fries Fresh Veggie Dippers

29 **CHOOSE ONE:** 30

CHOOSE ONE:

Macaroni & Cheese Boneless Dill Chicken Wings Chicken BLT Salad Ham & Cheese Croissant

CHOOSE:

Crispy Fries Sliced Cucumbers

Pizza Friday Variety available

Pinellas County Schools **FOOD AND NUTRITION** ENERGY FOR EDUCATION

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